Ottawa metro

TUESDAY, OCTOBER 25, 2016

High 7°C/Low -2°C Grey and sad

Emma Malcomber continued to sing and chant as she was arrested on Parliament Hill Monday during a protest against the Kinder Morgan pipeline. EMMA JACKSON / METRO

Middle Eastern and black drivers stopped more

POLICE

Chief says more work needed to answer why

Ryan Tumilty
Metro | Ottawa

Middle Eastern drivers are 3.3 times more likely to be stopped by Ottawa Police and black drivers 2.3 times more likely, according to a study of traffic stop data released Monday.

Researchers from York University analyzed data from 81,000 traffic stops between 2013 and 2015. The project came as a result of a settlement with the Ontario Human Rights Commission over the stop of an 18-year-old black man in 2012.

Officers reported being able to tell the race of the drive prior to the stop in only 11 per cent of cases. The study found that Middle Eastern and black drivers were much more likely to be stopped and neither charged nor warned with a traffic offence.

Ottawa Police Chief Charles Bordeleau said racial profiling is not tolerated within the service. He said the report raises questions, but they still need to look more closely at the data to determine why certain groups are stopped more often.

"Our journey doesn't end here — we have more work to do," he said. "We need to look deeper at the issues."

Bordeleau said it's not possible to conclude that the numbers mean officers are engaged in racial profiling.

Professor Lesley Jacobs, who worked on the project, said the results are both consistent with racial profiling and also not proof of racial profiling, conceding that is not what the project set out to prove.

> **You can not have a research design that will prove racial profiling.**
> Professor Lesley Jacobs

Bordeleau said the police would work with the community and would continue to collect data on the issue. He also encouraged other forces to do the same. "It's important that other police forces take our lead and start collecting this data."

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metro NEWS

Your essential daily news

What's the deal with Wallonia? The Belgian region that's stalled EU-Canada trade talks. **Business**

CYBERATTACK

Literacy test gets cancelled

The Ontario agency tasked with administering the first online literacy test to tens of thousands of high school students in the province last week says it was forced to pull the plug by an "intentional, malicious and sustained" cyberattack.

The Education Quality and Accountability Office said Monday the network hosting the "voluntary" online test was targeted by an "extremely large volume of traffic from a vast set of IP addresses around the globe."

It said the impact of the distributed denial of service attack carried out by "an unknown entity or entities" was to block legitimate users such as school boards and students from accessing the test.

Most of the province's 900 secondary schools — representing a maximum of 147,000 students — had signed up to participate in the test, which was a technical trial run before the first official test scheduled next year.

THE CANADIAN PRESS

CLARIFICATION

A story in Metro on Monday incorrectly stated that The Beer Store is owned by three foreign brewing corporations. While the operation is majority owned by those companies, it opened up ownership shares and seats on the board of directors to smaller brewers last year.

A fixer-upper with a great view: Trebek

HISTORY

Geographical society finds new home at 50 Sussex Dr.

Adam Kveton
For Metro | Ottawa

It'll need some work, but it's got a great view, said host of Jeopardy Alex Trebek of the Royal Canadian Geographical Society's future home.

Trebek, honourary president of the geographical society, was one of the representatives on hand at 50 Sussex to announce that the former Canada and the World Pavilion (closed to the public since 2005) would re-open next year as Canada's Centre for Geography and Exploration, and then again in April 2018 as the headquarters of the geographical society.

The building, located right next to Rideau Falls and prized for its view, was built in 2000 as an exhibit space meant to highlight the international achievements of Canada and Canadians.

However, the NCC closed the space because it had difficulty finding national exhibitions to host, said Mark Kristmanson, CEO of the NCC.

Though it was rented out privately several times since 2005, NCC staff later identified it as one of its most interesting and least-used buildings.

Alex Trebek, host of Jeopardy and honorary president of the Royal Canadian Geographical Society, speaks at 50 Sussex on Oct. 24. The site was announced as the future home of the geographic society. ADAM KVETON/FOR METRO

Kristmanson called the new partnership with the geographical society the "highest, best use" of 50 Sussex.

Trebek certainly showed a liking for the property, jokingly saying that he'd pay to have a condo built above 50 Sussex.

Real estate is all about location, he said. "Does it get any better than this?"

However, Trebek got a firm "no" from MP for Orléans, Andrew Leslie, on the condo suggestion.

The building has needed work since being constructed, with $5,800 spent to deal with a mould problem in 2007, and $200,000 a year spent on upkeep, said an NCC representative. However, much more will be done, said Geiger.

"We have great ambitions for this space," he said, envisioning an immersive geography exhibit that might include virtual reality technology to bring visitors across the country.

PARKING

Rental app breaking bylaws: City

Emma Jackson
Metro | Ottawa

A new app could make hawking your parking spot easier than ever — but the practice is technically illegal, the city says.

CityParking launched in Ottawa Monday after three months of operation in Montreal, where founder Amin Dada has successfully collaborated with the municipality to help drivers make use of available private parking spots.

But in Ottawa, those conversations are just beginning — and Dada said they've so far just been "neutral."

That's partly because the city's bylaws prohibit renting out private parking spaces, unless the owner applies for a zoning exemption.

Of course, parking rentals are nothing new: a quick search on Kijiji yields dozens of spots up for grabs.

The difference, Dada said, is his app lets you segment the rental times into hours or days or months, so you can have your spot when you need it.

"It's to manage the logistics of the sharing, and not have surprises when they get home from work," Dada said.

Montreal also has a no-renting bylaw, but it's open to new approaches when it comes to solving the problem, Dada said.

"They recognize that meters are limited, they can't be everywhere and they don't meet demand," he said. "We want to collaborate and solve the problem from within city hall."

RIDERSHIP

'Ignore them at our peril'

As Ottawa's first light-rail line inches closer, some east enders are worried their local transit options will be derailed.

In theory, the new train should reduce congestion, making the remaining bus transit system faster and more reliable than ever before.

But Vanier resident Sam Boswell predicted current transit users will abandon OC Transpo before those benefits can arrive — meaning more cars on the road.

"The number of people I know who are buying cars or bikes, I don't know if the ridership is going to be enough," said Boswell.

That was precisely Rideau-Rockcliffe Coun. Tobi Nussbaum's point during last year's budget debate, when he tried to freeze transit fares until 2018 to encourage users to ride out the construction.

OC Transpo laid out its new network model in June. It focuses on connecting local bus routes to the closest train or rapid transit station. Vanier passengers would connect to Hurdman, St-Laurent or Rideau, while other east-end routes would hit Blair or St-Laurent.

Routes 1, 5 and 7 will likely be shortened or split in half so they're not so bogged down by congestion.

Nussbaum said he'll be watching closely to make sure bus routes serve east-end residents just as reliably as those who live beside the train.

"We have to make sure we're not compromising inter-urban routes that can't utilize the LRT," Nussbaum said. "These are important riders who have often chosen to take transit because they don't want to drive. Our part of the bargain is providing excellent service."

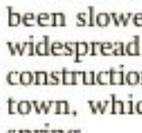
"We ignore them at our peril."

EMMA JACKSON/METRO

East enders frustrated with OC Transpo delays

TRANSIT

Road repairs, sinkhole work create extra long wait times



Emma Jackson
Metro | Ottawa

As light rail construction continues, east-end transit users are frustrated their commutes have been hardest hit by the delays — and they don't even live along the line.

Neighbourhoods like Vanier, Rockcliffe and Manor Park won't be directly served by the new O-train running from Blair Station to Tunney's Pasture.

Yet its construction has had a huge impact on their daily commutes. It got worse last week when OC Transpo announced the unexpected closure of Rideau Street until the end of December to deal with sinkhole stabilization issues.

The move detoured or truncated most east-end routes with only a few days' notice. Most troubling have been routes 9 and 12, which now end east of the canal instead of on Bank Street, forcing many commuters to transfer or walk.

East-end routes have already been slowed considerably by widespread light rail and road construction across the downtown, which ramped up last spring.

"(Barrhaven) commutes are half of mine and I can literally see the Peace Tower from my house," said Vanier resident Sam Boswell. She said there's no good way to get downtown from her neighbourhood right now. "We are basically screwed."

Route 9, which serves the foreign affairs building on Sussex Drive, also faces near-daily construction delays.

"The timetable is a work of fiction," said James O'Donnell, who said bus drivers have told him the 9's tight schedules mean even the slightest delay can have a domino effect.

All this is on top of legacy capacity issues, particularly for the 12 and 5.

Rideau-Rockcliffe Coun. Tobi Nussbaum said residents have told him three or four packed 12s will often pass before they actually get picked up.

But it's all temporary pain, said OC Transpo systems manager Pat Scrimgeour.

"It's a busy time and we're providing the best transportation service for all road users that is possible to do," Scrimgeour said.

OC Transpo is "reviewing opportunities" to improve the 5's reliability, while Route 12 customers are already being surveyed about service levels as part of a larger Montreal Road overhaul.

12 BLAIR
4438
OC Transpo
NEW STOP
ROUTES 1, 7, 12 & 18
Service to downtown available across the street on Route 1 SOUTH KEYS & Route 7 CARLETON
NOUVEL ARRÊT
CIRCUITS 1, 7, 12 et 18

Passengers board a Route 12 bus at a temporary stop on Dale Avenue during Friday's afternoon commute. The 12 no longer travels west of the canal, since Rideau Street had to close for sinkhole stabilization. EMMA JACKSON/ METRO

DETOURS UNTIL END OF DECEMBER

OC Transpo's new routes

With limited capacity on Mackenzie King Bridge to add more buses, several routes have been detoured and cut short until the end of December.

- Routes 1 and 7 now take Daly Avenue instead of Rideau Street;
- Routes 2 and 4 don't go east of the canal, ending instead at Elgin and Sparks;
- Route 9 now ends at Dalhousie and Rideau and starts at Sussex Drive;
- Routes 12 and 18 now start and end at Daly and Nicholas Street.
- Route 14 detours onto the Mackenzie King Bridge

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Bike helmet with bright ideas

ROAD SAFETY

City staff first to road-test Harvard duo's clever design

Haley Ritchie
Metro | Ottawa

It's a helmet with built-in turning signals and brake lights – and Ottawa is the first city to be testing it out on its staff.

"We're always looking at different kind of technology that can apply to a road safety perspective," said Rob Wilkinson, co-ordinator of Safer Roads Ottawa, a joint initiative between the city and Ottawa Police.

"We're finding things out there and we're trying to lead the charge in regards to technology and being the first to try this stuff," said Wilkinson.

The Lumos helmets have bright lights built in and turning signals connected to buttons on the handlebar. When a cyclist wants to indicate a left or right turn they can press the corresponding button to activate a flashing arrow on the side and back of the helmet.

The helmet also incorporates a brake light — it's able to sense when a cyclist is slowing done and the helmet automatically responds by lighting up red.

Right now it's available on backorder for the price of $150.

> **We're trying to lead the charge in regards to technology.**
> Rob Wilkinson

The idea started with two engineering students at Harvard University in Boston.

"Me and Jeff (Chen) would lose our lights all the time and got pretty frustrating thinking 'Do I ride without lights or do I not ride at all?' That was the genesis of how we got started," said co-founder Eu-Wen Ding.

The duo built their prototype and began wearing it around Boston as a side project. Soon they had requests from buyers looking to buy their own — and after launching a Kickstarter in July of 2015 they were contacted by the City of Ottawa.

Wilkinson ordered 12 helmets before they were available to the public. That makes Ottawa the first city to try them out on a municipal fleet.

Kitchissippi Coun. Jeff Leiper is one of the Ottawa residents who has been testing out the helmet on his commute to work.

"Having the signal light just gives me a little more confidence that people have time to see what I'm doing," said Leiper, who appreciates it in cases where using hand signals isn't convenient or obvious to drivers. "I'm enjoying the extra visibility."

Leiper said he's also received a lot of curiosity and interest since donning the light-up helmet — and some criticism.

"There's certainly members of the cycling community who have reacted negatively, because they feel it begins to make the cycling experience more like a car experience," he said.

"We're trying to get to that ideal where cyclists don't have to wear a lot of high viz and protective material to get around safely.

"Something that ratchets up the car-like aspects of cycling is going to get people's backs up."

The bike helmet is entirely waterproof.
Red brake lights turn on as they sense a cyclist slowing down.
LUMOS
Lights at the front of the helmet are always on, for good visibility.
Lights at the back of the helmet also indicate when the cyclist is turning, based on signals from buttons on the handlebar.

ALL PHOTOS CONTRIBUTED

Enlightened design

Harvard students crowdfunded this design on Kickstarter. The City of Ottawa ordered 12 helmets for staff to test — before the helmets were made available to the public.

1 **City staff** test the helmets on commutes.

2 **Buttons** on the handlebars set off turning signals on the helmet.

3 **Brake lights** turn on as the cyclist slows down.

TRANS MOUNTAIN

99 arrests over pipe protest

Emma Jackson
Metro | Ottawa

As far as climate protests go, the Climate 101 action on Monday was pretty polite.

Ninety-nine activists lined up to climb over the Parliament Hill barricades to tell Prime Minister Justin Trudeau to "just say no" to the Kinder Morgan Trans Mountain pipeline expansion.

The project would triple the pipeline's capacity to transport crude from the oilsands to the Pacific coast. The National Energy Board approved it this spring with 157 conditions. Trudeau's cabinet will have the final say.

Protest organizer Gabriel D'Astous said approving the project flies in the face of Canada's climate commitments: "You can't … build pipelines and expect that we'll meet the promises we made in Paris."

Apart from a small scuffle at the start, the activists patiently waited their turn to be arrested and issued a three-month trespass notice. Some joked and laughed with police on the other side. But as light-hearted as it was, the protesters were serious about the cause.

"We're risking anything because the planet is in dire need," said Western University student Sam Gormley before his arrest.

The protesters marched from the University of Ottawa to Parliament Hill on Monday. EMMA JACKSON/METRO

BY THE NUMBERS

SAVER VS. SPENDER

Two-thirds of Ottawa residents believe they are the **"saver"** in their relationship, according to a new survey from EQ Bank.

NOTHING IN THE BANK

The survey found that 10 per cent of Ottawans had no savings. **The national average is 5 per cent.**

SHARING RESENTMENT

A quarter of residents admitted to resenting their partner for spending joint money, similar to the 23 per cent figure nationally.

Ottawa no city of savers

PERSONAL FINANCE

Survey suggests 10 per cent of the population has no nest egg

Haley Ritchie
Metro | Ottawa

Despite our conservative reputation, a survey released this week suggests there's a high number of people in the city with an empty savings account — twice the national average.

The survey was commissioned by EQ Bank and found that 10 per cent of the city has no savings. The national average for savings that low is five per cent.

"People in Ottawa seem slightly less inclined to be good savers, which struck me as slightly strange," said president Andrew Moor. "I would have thought of Ottawa as a more conservative saving type of community.

"It's a town with a lot of professional people. What that does tell you is it's not necessarily a walk-of-life type of thing, it's probably right across society," he said.

One explanation for our lack of savings, according to CPA and personal-finance expert David Trahair, is that many people in Ottawa have generous pension plans that remove the urgency.

"If they've got a guaranteed payment for life defined benefit pension plan, then who needs savings?" said Trahair. "If they have a pension it's not a big deal for them. It's everybody else that doesn't have a defined benefit pension plan that need to have savings."

A HOUSE DIVIDED

1 in 6

The survey found that one in six Ottawans often or sometimes disagree with their partners on finances.

Trahair said lots of Canadians have trouble putting away money, especially in expensive cities such as Ottawa.

"The reason for that is because it's just expensive to live," he said. "Most people graduate from school, many have student-loan debt, then they get married and have kids, buy a house. It's expensive to do that."

The survey was conducted by Environics Research Group, polling 1,000 Canadians in Calgary, Edmonton, Vancouver, Halifax, Winnipeg, Ottawa and Toronto on their savings habits.

In Ottawa, 150 people were surveyed, giving the local results a margin of error of around 9 per cent.

A second focus of the survey was relationships, and how people compare their habits to their partners. It turns out most people — two-thirds in Ottawa — believe they are the saver in their relationship, preferring to characterize their spouses as the spender.

The ideal arrangement, according to Trahair, is "healthy tension," or having one spender and one saver in a relationship. That way couples can enjoy their earnings while being able to put the brakes on overspending.

Morneau's views anger millennials

POLITICS

Minister says 'we have to accept' precarious employment

Ryan Tumilty, Metro Ottawa
May Warren, Metro Toronto

Opposition MPs, along with youth and labour advocates are hitting back at federal Finance Minister Bill Morneau for suggesting millennials should get used to working precarious jobs.

Speaking to Liberal Party insiders in Niagara Falls Saturday, Morneau said high turnover and short-term contracts for youth are here to stay and the government should prepare for it.

"How do we train and retrain people as they move from job to job to job? Because it's going to happen. We have to accept that," Morneau said during a question-and-answer session.

Conservative MP Matt Jeneroux said Morneau's comments show the minister is "out of touch with a lot of the younger generation."

NDP MP Niki Ashton, who's been consulting with young people across Canada about employment, said Morneau's remarks were disappointing.

"These comments are arrogant, they're insensitive and they clearly speak to a disconnect between Mr. Morneau and his government and what millennials in Canada are facing," she said.

Morneau's office did not respond to a request by Metro for comment by deadline.

Aliya Bhatia, director of community engagement with the Toronto Youth Cabinet, said acknowledging precarious employment is not enough.

Instead, she said the government must provide better protections for precarious workers.

Insecure work affects more than just millennials, Bhatia said, noting that thousands of workers without benefits or job security will have a negative impact on the nation's finances.

"If the entire economy is depending on people like me to buy a house in a decade, that's not going to happen," she said.

Andrew Cash, a former NDP MP who co-founded the Urban Workers Project, said there's "a ton of work that needs to be done on the government's side to build a stronger floor for all workers to stand on."

"I just think, no worker should get used to the way work is going," Cash said.

Black Power Hour host El Jones in studio at CKDU at Dalhousie University. JEFF HARPER/METRO

FREE EXPRESSION

Inmates find an outlet on radio show

Adina Bresge
For Metro | Halifax

Call-in shows on Dalhousie University's campus radio station have become a creative outlet for an unlikely audience — prisoners.

Inmates are taking to the airwaves to perform poetry and rap on the Black Power Hour, an educational program on CKDU co-hosted by former Halifax poet laureate El Jones. The show focuses on social and cultural issues relevant to black people, but is open all listeners, including those behind bars.

"I think what they have really connected to is the idea that they can have a voice beyond themselves," says Jones. "They have this role in creating something and they take that very seriously."

The poetic platform came about "organically," says Jones, and was largely driven by the prisoners themselves. She says Black Power Hour was spun off of another program on CKDU, Youth Now, at an inmate's request for more historical black content.

One of the first prisoners to call into CKDU was Aiden Cromwell, who is currently awaiting a new trial after his second-degree murder conviction was overturned.

"That concrete jungle is never safe," Cromwell recently rapped on-air. "Gotta know when to pull it — Don't hesitate."

Soon after other inmates heard his performance, Jones says, the phones started lighting up.

In some jails, Jones says, prisoners have formed poetry collectives to prepare their best material for the show. Some pay up to $7 to call into the program, and Jones says inmates have written to her saying they stay on their best behaviour to preserve their radio privileges.

Free expression can be therapeutic for prisoners, Jones says, who use the show to work out issues related to race, gender, love, family, being in prison and the actions that brought them there. Some of her favourite calls came from female prisoners who re-appropriated the machismo of hip hop to tell men "we're not interested."

The process of sending someone to prison can be silencing, Jones says. She says in court, your lawyer speaks for you, but on the radio, you don't "have" to say anything.

"When you do say something, it's because you're making a choice to say what you're saying," Jones says. "I think that can be a really important part of returning people's voices to them."

ELECTIONS

Expat voting ban legit, Liberals say

Allowing long-term Canadian expats to vote in federal elections is not a Constitutional requirement but a policy decision that Parliament has the right to make, the government plans to tell the country's top court.

Elected officials implemented the voting ban for those out of the country for more than five years as a matter of fairness, and the decades-old law is perfectly legitimate, the Liberal government argues in new filings with the Supreme Court of Canada.

At the same time, the Liberal government indicates in the documents — as it has done several times during and since last year's election — that it plans changes to the law.

"Parliament's 1993 choice ... had the pressing purpose of maintaining the fairness of the democratic system and was a proportional limit," the government says in a statement of its case.

"If a new Parliament makes the judgment that the maintenance of this limit is not required any longer to ensure the fairness of the electoral system, that is a judgment that should be made by elected officials and Parliament. It is not required by the Charter."

The law, the Liberal government argues, recognizes that long-term non-residents have "different and less onerous responsibilities" under Canadian law and the ban was not intended as a value judgment on any individual voter.

In February, the Supreme Court is set to take up a challenge to the ban by two Canadians living in the U.S. The pair initially won a declaration in 2014 that the law infringed their constitutional rights, but Ontario's top court — in a split decision — restored the legislation on the basis of preserving the "social contract" between Canadians and their government.

The expats appealing the ruling- as many as 1.4 million Canadians abroad are believed to be affected by the law— had wanted the government to abandon its defence of the ban given its promises to change the legislation. THE CANADIAN PRESS

+ ENFORCEMENT

While the ban has been on the books since 1993, it was only actively enforced under the former Conservative government of Stephen Harper.

Migrants waited in chilly temperatures Monday to board buses in Calais, France as authorities began dismantling the camp referred to as 'the jungle'. EMILIO MORENATTI/THE ASSOCIATED PRESS

Migrants face uncertain fate

FRANCE

Thousands forced from Calais camp

France began the mass evacuation Monday of the makeshift migrant camp known as "the jungle," a mammoth project to erase the humanitarian blight on its northern border, where thousands fleeing war or poverty have lived in squalor, most hoping to sneak into Britain.

Before dawn broke, long lines of migrants waited in chilly temperatures to board buses in the port city of Calais, carrying meagre belongings and timid hope that they were headed to a brighter future, despite giving up their dreams of life across the English Channel in Britain.

Closely watched by more than 1,200 police, the first of dozens of buses began transferring them to reception centres around France where they can apply for asylum. More police patrolled inside the camp, among them officers from the London police force.

Authorities were expected to begin tearing down thousands of muddy tents and fragile shelters on Tuesday as the migrants vacated them.

Migrants have flocked to the Calais region for nearly two decades, living in mini-jungles. But the sprawling camp in the sand dunes of northern France became emblematic of Europe's migrant crisis, expanding as migrant numbers grew, evolving into Europe's largest slum, supported by aid groups.

"It's not good, the jungle," said 31-year-old Mahmoud Abdrahman of Sudan. "Eating not good. Water not good, shelter not good, no good toilets." He said he would leave Tuesday when lines were shorter, gesturing to a black knapsack that was all packed to go as proof he was ready.

Ultimately, Abdrahman said, he wanted one thing more than anything else.

"I need peace," he said.

Home to migrants from Afghanistan, Sudan, Eritrea, Syria and elsewhere, the closing of the camp fell like a stone on many as the reality of the evacuation sunk in and plans had to be made. Uncertainty and a lack of precise information left many fearful.

By nightfall on Monday, French Interior Minister Bernard Cazeneuve said 1,918 people had been processed and sent to 80 centres around France. Another 400 unaccompanied minors were being housed in heated shelters at the camp.

Authorities say the camp holds nearly 6,500 migrants, while aid groups put the number at more than 8,300, with more than 1,200 unaccompanied minors among them.

THE ASSOCIATED PRESS

IN BRIEF

Bakery loses appeal over refusal of gay-rights cake

A Belfast bakery on Monday lost its appeal of a ruling that it discriminated against a gay customer by refusing to bake a cake decorated with a message supporting same-sex marriage.

The judgment against Ashers Baking Co. found that the bakery was wrong to treat gay customers differently. The Ashers directors argued they could not put messages on their products at odds with their Christian beliefs.

THE ASSOCIATED PRESS

MILITANT THREAT

A dilemma for Iraqis near Mosul: Stay or flee

Bayda Muhammad Khalaf followed the government's advice to stay in her home with her husband and seven children as Iraqi troops advanced near their remote village outside militant-held Mosul. But after Daesh fled and Iraqi troops didn't appear, their food supply quickly ran out, and the family had to flee to search for territory firmly under government control.

Khalaf waited until she saw a passing shepherd, and then she and her family made the eight-hour walk out of no man's land behind a herd of sheep.

Eventually, Khalaf couldn't produce enough breast milk for her infant daughter.

Mosul, the largest city controlled by Daesh, is still home to more than 1 million civilians. The government and international aid groups fear that a sudden mass exodus will overwhelm the few camps set up on its outskirts.

More than 5,600 people have already fled, according to the International Organization for Migration. THE ASSOCIATED PRESS

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1200 ST. LAURENT BLVD., OTTAWA, ONTARIO K1K 3B8
MON – SAT: 9:30am to 9pm, SUN: 11am to 5pm
BAYSHORE SHOPPING CENTRE
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ROBOTICS CHINA SHOWCASES CANBOT AT TECH SHOWCASE A Chinese boy shouts into the Canbot, a companion robot, displayed during the World Robot Conference in Beijing. China is showcasing its burgeoning robot industry as it seeks to promote use of more advanced technologies in Chinese factories and create high-end products. NG HAN GUAN/THE ASSOCIATED PRESS

Belgium holds up Canada-EU pact

ECONOMY

Free-trade deal must be agreed to be all member states

The European Union and Canada tried to remain upbeat Monday about the prospects for their trans-Atlantic free trade pact despite a small Belgian region persisting in its refusal to back the deal.

After the setback early Monday, EU President Donald Tusk and Canadian Prime Minister Justin Trudeau spoke by telephone and the EU leader said afterward "there's yet time" to find a compromise solution.

A joint summit for signing the long-delayed trade deal is scheduled for Thursday, offering the two leaders and Belgian officials little time to persuade the Wallonia region.

Without all Belgian regions supporting the agreement, Belgium cannot sign, and the EU needs unanimity from all of its 28 member states.

"We encourage all parties to find a solution." Tusk said in a Twitter message.

Canada's International Trade Minister Chrystia Freeland says she, too, is still hopeful that a Canada-EU trade deal can be salvaged, but "the ball is in Europe's court."

The expressed optimism that a deal could be secured within days came as a surprise since Wallonia had said it has too many concerns to overcome by Thursday.

The EU Commission, which has negotiated the deal on behalf of the 28 nations, insisted that this week's summit was not the final deadline.

Politicians in Wallonia, which is smaller than the U.S. state of New Jersey, argue that the proposed Comprehensive Economic and Trade Agreement would undermine labour, environment and consumer standards.

Proponents say it would yield billions in added trade through tariff cuts and other measures to lower barriers to commerce.

+ WALLONIA

The region: Wallonia makes up 55 per cent of Belgium.

Why they oppose it: Wallonian politicians say the trade agreement undermines labour, environment and consumer standards. A key hurdle is "private arbitration" where multinationals can legally challenge governments on policies.

At the same time, the EU says it will keep in place the region's strong safeguards on social, environmental and labour issues.

THE ASSOCIATED PRESS

VANCOUVER

Initiative collects 48k coffee cups

Wanyee Li
Metro | Vancouver

Linda LePretre collected more than 400 paper coffee cups in just a few blocks in downtown Vancouver, earning her $20 after she dropped them off at the Binners' Project pop-up depot Monday morning.

Organizers of the third annual Coffee Cup Revolution aim to show governments that setting up a deposit-return program for paper coffee cups would keep them out of landfills and provide another source of income for Vancouver binners, who already collect cans and bottles. The Binners' Project pop-up depot collected 48,000 paper coffee cups — the most ever — this year.

Most paper coffee cups end up in the landfill but the Binners' Project will give the 48,000 paper coffee cups it received Monday to Regional Recycling.

For some binners, a refund-deposit program for coffee cups is the difference between dinner and a missed meal.

metro VIEWS
Your essential daily news
Tuesday, October 25, 2016

EMMA TEITEL ON THE VIRTUES OF BASICNESS

Because I myself am a little basic, and because I hail from an ultra-basic town, I am moved to defend the 'pumpkin entertainment complex.'

A few years ago when I was working at Maclean's Magazine, I wrote a column about the increasingly popular term "basic bitch," an epithet used to describe young women who embrace, with unapologetic zeal, anything and everything mainstream — from fashion and literature to music and beverages.

In the piece I argued that though many believe "basic bitch" is a strictly pejorative term, thousands of women (some of my own best friends, included) have chosen to reclaim it in a playful, self-deprecating way. For example, one Basic B might say to another: "OMG, I live-tweeted the Bachelor last night. How basic am I?"

BBs, as I like to call them — or us — vary from culture to culture, but the archetypal North American Basic Bitch is (despite the term's origin in hip hop) widely regarded as a well-to-do white girl who fancies Ugg boots, Taylor Swift, frozen yogurt, throw pillows embroidered with alliterative wisdom (live, laugh, love,) and the be-all-end-all of basicness: the PSL, a.k.a. the pumpkin-spice latte.

The PSL is Starbucks' most popular fall beverage: a hot, sweet sludge, originally launched in 2003, that skyrocketed to viral fame circa earlier this decade, when BBs began documenting themselves indulging in the autumnal drink on social media.

When I wrote my basic-bitch piece in 2014, I got a lot of flak for advocating that women reclaim what many believed to be a sexist and derogatory term. Little did I know, however, that just a few years later, it would that appear everyone under the sun — not just millennial white women named Caitlyn and Mackenzie — would be in a position to reclaim the term. Because it appears everyone under the sun is now following one of the core tenets of basicness: the love of all things pumpkin spice.

BASICALLY HARMLESS A fondness for pumpkin spice may be hard to defend on esthetic terms, but there has to be something redeeming about something so popular. CONTRIBUTED

Today "pumpkin spice" is literally everywhere: from Starbucks to school cafeterias, and bars to bathrooms (where you can find pumpkin spice soap and pumpkin spice martinis.) Last year Forbes estimated that the "pumpkin spice economy" was worth $500 million. In other words, we are all a little bit basic.

Or are we? According to a seemingly silly but fascinating study published last year called The Perilous Whiteness of Pumpkins, by researchers Lisa Jordan Powell and Elizabeth S.D. Engelhardt, from the University of British Columbia and the University of North Carolina, the pumpkin spice economy — a corporate cornucopia of pale orange bath bombs, baked goods, specialty beers and even hairspray — is indicative of white privilege and wealth.

"Even when we move away from ephemeral flavors of pumpkin and pumpkin spice," the researchers argue, "whiteness and cultural symbols cluster around visual images of pumpkins. Aspirational lifestyle magazines, social media pumpkins and reality television competitions come together in a veritable pumpkin entertainment complex, whose multiple manifestations continue the entanglements of pumpkins, social capital, race and place."

I find this idea profoundly interesting, and I understand where the researchers are coming from. I haven't seen many people who aren't well-heeled, white and female shell out seven bucks for a PSL at Starbucks.

But because I am myself, let's face it, a little basic, and because I hail from the ultra-basic town of Richmond Hill, Ont., I am moved to defend the "pumpkin entertainment complex."

Yes, I am aware that when we indulge in all things pumpkin spice and flaunt our pumpkin spice products online we are flaunting our status as members of an unthinking, capitalist cult.

But I am aware of something else, too, something arguably far more important than this. It's fall outside.

Look at the colours! Look at the leaves! The sweaters! The charming satchel bags!

It's impossible to be a cynic, in the end, about the Pumpkin Spice Industrial Complex, because what it points to, more than class or privilege, is a totally nerdy, innocent and almost childlike excitement about the changing of the seasons.

And that's the surprisingly neat thing about so-called "basicness." A love of all things mainstream can present itself as an ode to capitalism. But it can also present itself as a radical rejection of cool.

For example, almost every coffee shop in my Toronto neighbourhood, even the most hipster ones imaginable, have begun advertising homemade, pumpkin spice products. When I asked a barista recently why there were so many pumpkin-derived snacks on display in his store this week, he said, matter-of-factly, with a rare smile on his face, "It's just something nice to ring in the fall season, ya know?"

It's a cold world out there. There's no shame in warming up by a fire with a PSL and a good book. If you need a recommendation, I hear Nights in Rodanthe, by Nicholas Sparks, is fantastic.

What the Pumpkin Spice Industrial Complex points to, more than just class or privilege, is nerdy excitement about changing seasons.

Emma Teitel is a national columnist for the Toronto Star.

A time-travelling expedition with Transpo

COLLINS' CAPITAL

Steve Collins

The city's transit commissioners seemed unstuck in time last week, busying themselves with finer details of the LRT future (station retail space, security, big red "O" signs) while commuters hoping to catch their present-day bus home prepared for another round of construction-related detours, advisories and improvisations.

Pat Scrimgeour, OC Transpo's director of customer systems and planning, painted an enticing picture of the coming age of rail: sleek 100-metre trains, each with room for 600 bodies, pulling so often the digital signs displaying arrival and departure times will be practically redundant. The crowds will be on and off through 14 sets of double doors in 10 to 15 seconds, maybe 20 in rush hour.

The conceptual drawings, as usual, depict nothing but sunny days at pristine, gleaming LRT stations: carefree commuters in confident mid-stride, burdened with a shiny briefcase at most. Bulky backpacks, grocery bags, strollers and, for that matter, snow are all conspicuously absent.

Meanwhile, Rideau Street's long-suffering bus riders and businesses were gearing up for another visit from the ghost of sinkholes past. With 43 metres of tunnel still to go under Rideau and a summer's progress lost to June's collapse, the street's shutting down once again, between Dalhousie and Sussex, to allow round-the-clock catchup.

Transpo's GM John Manconi urged riders to look to the future: "I always remind them of what's coming at the end of the day: a state of the art, multibillion-dollar system that, for their community, for their businesses, will be fantastic."

Occasions for such reminders have been plentiful as the Transitway has gone dark, section by section. The logistics have been handled well, but there's a right way and a wrong way to talk about them.

A friend of mine, a mild-mannered librarian who's endured month after month of unrelenting, bone-rattling LRT excavation under the condo she shares with her elderly mom, tweeted her frustrations at the mayor earlier this year. He replied with a glib promise of "short-term pain for long-term train." The last time I spoke to her about it, she was still fuming, and likely still will be on election day 2018.

Manconi, having had a lot of practice in breaking small bits of bad news, got the tone right last week.

"First off, thank you for putting up with all the detours that we have. Thank you for being patient, thank you for being part of the understanding that there's a great system coming for them," he said. "We know there's pain for them also and it's all commuters. I just want to emphasize that we understand that. We're in one of the most difficult parts of this project. It's transformative, it's going to change the way we move in the city and it's going to make Ottawa a better place."

It's going to be a long, twisting, are-we-there-yet journey to 2018, and a little acknowledgement of the bumps between here and there, and travellers who feel them, goes a long way.

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Survey: Only 15 per cent of Canadians have bought groceries online

The struggle for female chefs

FOOD INDUSTRY

Jamie Oliver says diversity needed in kitchens

Melita Kuburas
Metro | Canada

Celebrity chef Jamie Oliver says only 11 per cent of the kitchen staff in his U.K. restaurants are women. Simona Bonelli, executive chef at Jamie's Italian Canada at Yorkdale mall, hopes to change that figure here in Canada. CHRIS YOUNG/THE CANADIAN PRESS; MELITA KUBURAS/METRO

I think when you choose to do it, you have to be pretty tough. Every female chef that I've met — they're tougher than the guys.
Simona Bonelli, executive chef, Jamie's Italian Canada

There's a downside to being one of the most recognizable faces in the restaurant business, such as being asked for a selfie while going to the toilet.

"It does get a little bit weird sometimes," jokes Jamie Oliver during a recent drop-in to his restaurant at Toronto's tony Yorkdale mall.

But the upside of fame is the power to bring attention to different issues in the food industry (Oliver even got the ear of the prime minister this month, speaking about child obesity). His latest comments during his trip to Canada, where he has two restaurants in partnership with King Street Food Company, show an attempt to tackle gender disparity in the business.

"In the U.K., we're at 11 per cent (women) in the kitchen. And that's probably about 50 per cent higher than the average," he says, about his staff. He would like to see a more even gender split, "but we struggle to get them into the business," Oliver adds.

"The reason we want (women) in the kitchen isn't to be politically correct. It's because they look at stuff differently; they see things differently. They make a kitchen flow differently and that's what we want."

While the 11 per cent statistic for female chefs is about the same in Oliver's Canadian restaurants, the executive chef at the fast-paced Yorkdale location — where they serve up to 1,100 people on a typical Saturday night — is a woman. Simona Bonelli has worked in Europe and North America for the past 20 years and says there has "always been a lack of female chefs, for sure."

At Jamie's Italian Canada, she keeps an upbeat mood by making the staff laugh and having co-workers take over for those who start to fade when fatigue sets in.

"It requires a lot of endurance," Bonelli says. "I do a lot of sports — cycling, running long distances. I train to endure the physical stress. Not everybody's made for it."

If you like crossfit or bootcamp, you will like working in a kitchen — no matter what gender you identify with, says Christine Beard, executive pastry chef instructor at the Pacific Institute of Culinary Arts in Vancouver.

"In pastry, you're lifting 50-pound bags of flour, 25-kilo boxes of butter. You've got sheet pans and racks and you're taking out large slabs of cakes in and out of the freezer, so it is very labour intensive," she says.

Beard, who was part of the pastry team at Fairmont Washington DC and helped open Bouchon in Beverly Hills, says an increasing number of women are choosing to stay in the industry because they have more female mentors. "Having women in those positions makes it more feasible as a young student coming in ... to see yourself taking a leadership role in the industry."

At the Pacific Institute of Culinary Arts, where they take in 60 students per term, the gender split this fall was 50/50, whereas six years ago it used to be about 70/30, male dominated, says, Julian Bond, executive chef and VP.

He believes the stereotypical ego-driven, male-dominated culture that might turn both men and women off from getting into the business is "so old school."

Beard agrees: "It's come to that point now in our industry that people are not as accepting of that behaviour, and if you don't respect your staff, then your staff are going to leave."

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Ottawa metro

Vegans with mouths to feed speak out

NUTRITION

Restrictive diets for kids can be safe, advocates say

There's a right way and a wrong way to raise a baby on vegan food. Those who get it wrong, parents say, give the responsible ones a bad name.

A Pennsylvania mother claiming to be vegan was charged this month with child endangerment for feeding her baby nothing but small amounts of nuts and berries. In Italy, after a number of vegan babies required hospitalization for malnourishment, a lawmaker this summer proposed a bill that would make it a crime to feed children under 16 a vegan diet.

Those cases are not about veganism at all, but are instead about neglect, say parents who are raising their children vegan. Pinning bad parenting on vegan diets, some say, unfairly stigmatizes those who have done their homework and are safely raising their babies without feeding them animal products like meat and dairy.

"They stress the elements of veganism in these stories, but it's not that these people aren't giving their children the right kind of food, it's that they aren't feeding them," said Fulvia Serra, of Fort Collins, Colorado. The native of southern Italy is raising her 1-year-old son vegan, and her 12-year-old daughter is vegetarian.

"To get a child to the point of starvation, it means you are ignoring him and his crying all the time," she said. "It's neglect."

The American Academy of Pediatrics' book Pediatric Nutrition devotes a chapter to vegetarian and vegan diets. It describes how, with sound nutrition and dietary planning, "it is possible to provide a balanced diet to vegetarians and vegans."

"For children in general you can have a safe vegan diet, but it has to be in consultation with a pediatrician or health care provider," said Dr. Sheela Magge, an endocrinologist at the Children's National Health System. "These are critical times in brain development, and it has to be done carefully."

The ideal first food for babies is breast milk, Magge said. Many vegan moms opt to breastfeed, but for those who can't or don't, the only other option is a soy-based formula.

Key nutrients for babies are Vitamin B-12 and Vitamin D, as well as iron, zinc and calcium, Magge said. Getting enough B-12, which comes from milk and eggs, is a specific concern in the vegan diet, since a shortage can lead to neurological problems.

As babies nurse less and start consuming more solid foods, parents need to make sure all the nutrients necessary for proper development are being provided.

A pediatrician can help guide parents and offer supplements if needed.

Parents raising vegan kids need to be armed with facts, like being able to rattle off which foods and supplements are providing adequate vitamin B-12 and protein and where their kids are getting calcium. For those who would question the safety of raising vegan babies, her suggested response is: "The doctors say we are doing it right."

THE ASSOCIATED PRESS

Vegan mother Fulvia Serra holds her 1-year-old son, Sebastiano, at home in Fort Collins, Colo. **Serra, originally from Italy, and her husband, Scott, are raising their son vegan.** Despite criticism and innuendo from some circles, pediatricians and nutritionists agree it's perfectly healthy to feed babies a vegan diet. AP PHOTO/BRENNAN LINSLEY

HEALTH CANADA

Access for abortion pill lacking: Experts

Sexual health advocates are intent on making Canada the most permissive country in the world for a heavily regulated abortion pill expected to hit shelves next month.

Mifegymiso has been available elsewhere for nearly 30 years and is approved for use in more than 60 countries with varying restrictions.

In some cases, that includes the demand that only a doctor be allowed to hand the drug to the patient — rather than a pharmacist — and that the woman swallow the pill at a clinic in front of her physician, instead of privately in the comfort of her own home.

It appeared similar restrictions were imposed when Health Canada approved the drug, but ongoing pressure seems to be loosening several key conditions as its expected November debut approaches.

The federal regulator issued a clarification last week stressing that a woman does not need to ingest the drug in front of a doctor at a clinic, as is required in the United Kingdom, France, the Netherlands and Sweden.

Meanwhile, a call-to-action led by the B.C. doctors and advocacy groups including the Ottawa-based Action Canada for Sexual Health & Rights is hammering away at other perceived hurdles to accessibility: including its $300 cost, certification requirements for the prescribing doctors, and limiting use to no more than seven weeks after a woman's last period. THE CANADIAN PRESS

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The science behind that 'gut feeling'

Warren Weeks says he trusted his 'gut feeling' to leave a six figure job to start his own business. TORSTAR NEWS SERVICE

PSYCHOLOGY

Researchers say intuition helps us make good decisions

In the early 2000s, Warren Weeks was rising up the ladder in the corporate communications world. After working a few different jobs at various agencies, he landed a role doing media relations for a big Canadian bank and crossed the coveted six-figure threshold for the first time.

"On paper, it was everything I'd ever wanted," Weeks says.

But Weeks had a nagging feeling: What he really wanted was to start his own business. "On some level there was this voice saying, 'You need to be doing this on your own," he recalls.

For around two years, Weeks weighed his options. Giving up a steady paycheck was anxiety-inducing, but the more Weeks appealed to logic, the louder his internal voice got. So, in 2003, he finally listened and quit his high-paying job to start the media training, speech writing, and crisis management business he still owns today. "Looking at the pros and cons, a rational person would've stayed at the bank," the Oakville resident says. "But there was this distinct voice saying, 'You're going to make it work and you'll be fine.'"

It's an experience many people can relate to — "gut feeling," some mystical internal energy guiding your decisions. In other words: Intuition. There's a scientific basis for it, and it's rooted in our own experiences and the subconscious decision-making happening behind-the-scenes. Going with your gut can lead you to make the right decision.

So what's happening in our bodies when we're using that seemingly-mystical force?

When you're faced with a decision, your whole brain goes to work. It acts as a "prediction machine," connecting different patterns and images with behavioural responses, says Jacob Hirsh, an assistant professor of organizational behaviour and human resource management at the University of Toronto Mississauga's Institute for Management and Innovation and the Joseph L. Rotman School of Management.

That comes in handy when you're bombarded with new information while trying to make a decision. Picture yourself renting an apartment or buying a house: You're evaluating the neighbourhood, the price, the floor plan. You're weighing a bunch of competing factors — while subconsciously exploring how you feel about the place.

In these situations, people often get a gut reaction: This place either feels like home, or it doesn't. "Where that feeling comes from is your expectations, your previous experiences, your best guess," says Hirsh.

As your brain's "best guess," intuition may also sharpen with age, because it's based on a lifetime of stored information about prior decisions and outcomes.

"One particular brain area, the basal ganglia, is a deep brain structure which stores the estimated value of different actions in different experiences," Hirsh notes.

But according to Julia Mossbridge, a visiting scholar at Northwestern University's psychology department, your whole body — not just your brain — is involved in the process. Your white blood cells, for instance, are experts on your immunity. Your gut is an expert on the microorganisms living inside your body. And, of course, your brain is an expert on the emotions around you. "All the parts of your body are constantly gathering information and learning about the environment and putting things together and, at some point, it comes into consciousness," Mossbridge explains.

On the flip side, psychology experts stress gut feelings aren't foolproof. "There's a dark side to intuition," says Hirsh. "It's not a silver bullet. We're not always right. It's only telling you how you feel based on past experiences." And those experiences can be faulty. If you were raised in an unstable home environment, maybe you developed a notion that people are unkind, and you'll make decisions based on a narrow world view, Hirsh says.

More dangerously, Mossbridge says relying on your brain's "fast system" — the unconscious mind — can lead to big trouble. Say you're attracted to a married co-worker, and your gut feeling is to kiss them at a holiday party. "Well, that's not going to work for you," says Mossbridge. In that instance, a pro-con list and some logical reflection might've come in handy.

TORSTAR NEWS SERVICE

LITERATURE

Shakespeare co-authors get credit on famous work

The Bard was not a solo act.

Oxford University Press' new edition of William Shakespeare's works will credit Christopher Marlowe as co-author of the three Henry VI plays, underscoring that the playwright collaborated with others on some of his most famous works.

Marlowe, a playwright, poet and spy, will share billing in the latest version of the New Oxford Shakespeare being published this week. While scholars have long suspected that Shakespeare's plays included the work of others, new analytical methods helped researchers conclude that sections bore the hallmarks of Marlowe's hand.

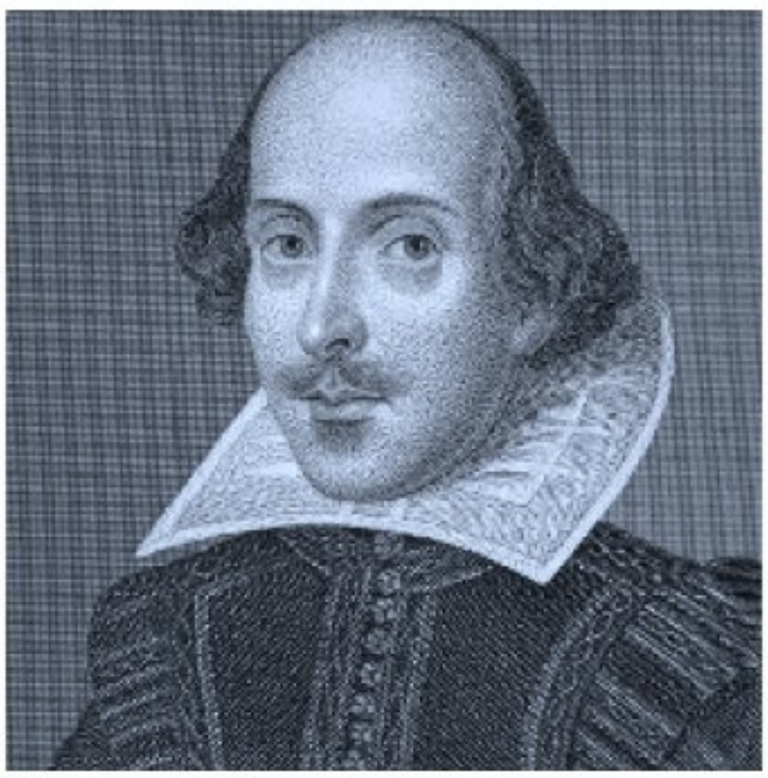
"Shakespeare, like other geniuses, recognized the value of other people," Gary Taylor, a professor at Florida State University and the principal investigator of the new work, said Monday. "What is Shakespeare famous for? Writing dialogue — interactions between two people. You would expect in his life there would be dialogue with other people."

A team of 23 international scholars looked afresh at the man many consider the greatest writer in the English language. The challenge, put simply: If one is going to compile the complete works of Shakespeare, one first has to determine what they are.

Five of the world's most senior Shakespeare scholars — Taylor, Hugh Craig at the University of Newcastle in Australia, MacDonald P. Jackson at the University of Auckland in New Zealand; Gabriel Egan at De Montfort University, Leicester and John Jowett of the Shakespeare Institute at the University of Birmingham — had to be convinced of the issues of authorship in the works.

The editors concluded that 17 of 44 works associated with Shakespeare had input from others. The scholars used computerized data sets to reveal patterns, trends and associations — analyzing not only Shakespeare's words, but also those of his contemporaries.

In Shakespeare's time, there was an insatiable demand for new material to feed the appetite of the first mass entertainment industry. A relatively small group of people — a cabal of sorts who knew one another — worked feverishly to meet this demand. Taylor compared them to screenwriters in the early days of Hollywood.



Oxford University Press will put Christopher Marlowe as co-author on some of Shakespeare's plays. ISTOCK

To study them, the team of scholars used what Taylor described as the analytic equivalent of combining voice recognition, fingerprints and DNA testing — looking for patterns to see how various authors and playwrights wrote and worked.

"Shakespeare has now entered the world of big data," Taylor said, adding that while the bard's work has been studied intensively, that's not always the case in the same measure for other writers of his generation.

Still, he was adamant that this wasn't just a case of "computers telling us things." One needs to ask the right question.

"What you need is a method that treats all the writers as the same and try to identify in an empirical way what distinguishes him as a writer — what makes him different than the others," he said.

Marlowe, born in 1564, the same year as Shakespeare, was a graduate of Cambridge University who wrote poetry and plays such as the two part "Tamburlaine" and "Dido, Queen of Carthage." A part-time spy for the government of Queen Elizabeth I, Marlowe is believed to have died in 1593 when he was stabbed under mysterious circumstances.

Oxford University Press says that "identifying Marlowe's hand in the Henry VI plays is just one of the fresh features of this project."

The authorship of Shakespeare's works has long been disputed, with one now-discredited theory being that philosopher Sir Francis Bacon is the true author of the works. But Bacon is only mentioned in the forward of this volume. His authorship, Taylor said, is "just a wonderful story."

THE ASSOCIATED PRESS

HEALTH BRIEF

Genna Buck
Metro Canada

Researchers disprove a very Canadian cliché

That legendary Canuck kindness, a new study suggests, might be a myth after all.

A paper in the journal Cross-Cultural Psychology ranked Canada 12th in the world in terms of empathy — five slots below famously individualistic Americans.

Researchers measured empathy, which they defined as "emotional reactivity to others' experiences," through a series of surveys looking at people's level of concern about others' misfortune and ability to put themselves in others' shoes.

More than 100,000 people in 63 countries participated, although the sample sizes varied widely by region. More than 7,000 Canadians participated, but just 32 Lithuanians, the group the judged to care the least about their neighbours. Ecuadorians were the most empathetic overall.

Kevin James loves his homecoming

INTERVIEW

Comedian's show set in his native Long Island

Kevin James insisted on shooting his new show, Kevin Can Wait, in Long Island. 'We want to make Long Island a character in the show,' he says. CONTRIBUTED

With Kevin Can Wait, Kevin James has come home.

Home to the tried-and-true sitcom form with which he thrived for nine seasons on The King of Queens.

Home to CBS, where King enjoyed its long run and where Kevin Can Wait arrived this fall (airing Mondays at 8 p.m. EDT).

And home to James' native Long Island, from where his new show originates.

Though set in the New York City borough of Queens, The King of Queens was filmed 4,000 kilometres away in Los Angeles. But for his return to series television, James wanted to be true to his roots. Not even a studio in nearby Queens would satisfy him.

"I said, 'If I can do my show on Long Island, then I'll do it,'" he explains.

As its robust audience already knows, Kevin Can Wait centres on a Long Island husband and father named Kevin who, newly retired from the police force, finds himself to be an unwitting invader on the home front.

"My wife (played by co-star Erinn Hayes) has already established what's going on at home," James laughs, "and when you're retired and back home full-time, you're disrupting all that. You can say, 'I'll set the rules now.' But the cement is dry!"

James, 51, was raised in the Long Island hamlet of Stony Brook, and now he's out to capture the feel of working-class Long Island life that, through his own disarming regular-guyness, he embodies both on- and off-camera.

"We want to make Long Island a character in the show, and we're using it for exterior shots," he says. And even though the majority of the action is filmed in multi-camera style on a Bethpage, Long Island, soundstage, James loves knowing that local folks who can readily relate to the show's zany dilemmas comprise each week's studio audience: "I love that energy."

Clearly, James has gained a measure of experience in how to be the boss yet still relax. This is in marked contrast to the rising young standup who scored his first sitcom back in 1998.

"On The King of Queens, I showed up as this green kid who tried to control things," he recalls.

"You get so panicked, constantly looking over your shoulder, checking if we're gonna get cancelled. This time, my fingerprints are all over it — writing, wardrobe, everything — but I'm also having fun. I want this show to connect, because I love it. But I've done it already, and we had a great run."

Maybe history is repeating itself. In any case, CBS didn't wait long to give Kevin Can Wait a full-season order.

"I'm not going to play too far away from myself," James declares, adding, "On this show, we aren't breaking ground. I know that. I'm not trying to. But that's not to say you slack off in the writing. I try to do great stories that we want to connect with an audience."

Though success has carried James far from a working-class existence, he still relates to the fundamentals: He visits Target, acknowledges he could lose a few pounds and expects no red carpets, especially at home: "With four kids and a wife, I know my place," he says with a grin.

Knowing his place helps account for James' appeal, especially in the face of such dismissive reviews for Kevin Can Wait as "squarely conventional, comfortably mediocre" (Variety), "a backward-looking relic of a bygone age" (The Hollywood Reporter) and "anemic" (The New York Times).

"When the critical love is not there, how do I feel? I can't say I'm guided by that," James insists. "The critics did the same thing when King of Queens started, and nine years later I could say, 'Hey, guys — how's it goin'?'

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Ignorance and bomb droppings

THE SHOW: Third U.S. Presidential Debate, Oct. 19, 2016
THE MOMENT: The Mosul question

Donald Trump and Hillary Clinton. CONTRIBUTED

An hour into the 90-minute debate, moderator Chris Wallace (excellent) asked Hillary Clinton if she would deploy U.S. troops to Mosul. She answered no, and gave a few reasons why.

Though the fighting will be tough, she continued, our allies must press into Syria to take Raqqa.

She praised U.S. advisors and condemned Russia. She recommended an intelligence surge with support from the air. She promised to push for tougher gun laws to keep terrorists from buying weapons, and for a no-fly zone in Syria, to help "bring conflict to an end, and go forward on a political track."

Asked the same question, Trump said, "Let me tell you, Mosul's so sad. We had Mosul. But when she took everyone out, we lost Mosul…Douglas MacArthur, George Patton, spinning in their graves when they see the stupidity of our country... The only reason (our allies are going into Mosul now) is because she's running for president, they want to look tough. He violated the red line in the sand and he made so many mistakes. He made all the mistakes…Iran should write us a letter of thank-you."

Over this past week, Clinton's substantive answers were swept aside as usual, as social media exploded with the bombs Trump dropped: calling Mexicans "bad hombres" and Clinton "such a nasty woman," and choosing to "leave you in suspense" about whether he'd honor the democratic process.

But it's his utter ignorance about foreign policy that haunts me most. I bet Angela Merkel is also shivering — and that Trump thinks she's nasty, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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mtn SPORTS

Despite a social media push for Charlie Sheen to throw out the first pitch, Kenny Lofton and Carlos Baerga were chosen for Games 1 and 2

Bar set high for Raps ahead of new season

NBA

Postseason loss to Cavs helped franchise hit new heights

Raptors' centre Jonas Valanciunas appreciates the response from fans after the Raptors lost the Eastern Conference final in Game 6 by the Cavaliers at Air Canada Centre. DAVE SANDFORD/NBAE VIA GETTY IMAGES

The Toronto Raptors walked off the Air Canada Centre floor last season to a standing ovation and rousing cheers. They had just been ousted by the Cleveland Cavaliers in Game 6 of the Eastern Conference final, but the moment was the culmination of the Raptors' most successful season in franchise history.

They'll carry lofty expectations when they step back on the court against the visiting Detroit Pistons in their season-opener on Wednesday night. Suddenly, it seems, nothing but a long playoff run will be good enough.

In typical fashion, the Raptors aren't making any bold predictions — coach Dwane Casey says continued growth is key, even if it's not "as exciting and sexy as outlandish predictions."

And the Raptors talk about valuable lessons learned over the roller-coaster post-season.

"You kind of get the blueprint, when you understand how difficult it is," said DeMar DeRozan, who signed a hefty five-year contract worth US$139 million in the off-season. "You really understand how hard you have to play when you have the opportunity to close out a series, little things like that, just understanding the blueprint, is really going to help us."

The Raptors remain young, with nine players under the age of 25, but brought back the core of the squad that won a historic 56 games in the regular season, and took two games off Cleveland before bowing out in the conference final. "We may not win as many games as we did last year, but that could make us a better team going into the post-season, and that's what we've got to keep in mind," DeRozan said. "We can't get caught up in comparing us to last year."

$139M

The worth of DeMar DeRozan's new 5-year contract with the Raptors (in U.S. dollars).

The most significant changes are the loss of athletic big man Bismack Biyombo, who left for Orlando in the off-season, and the addition of Jared Sullinger, who signed with Toronto in the summer but was to undergo surgery on his foot Monday and could be sidelined for as much as a quarter of the season.

A healthy DeMarre Carroll would make a big difference. The Raptors never saw the best of Carroll, who had knee surgery in January and played in just 26 regular-season games, never quite at full health.

Jonas Valanciunas also missed 22 games in the regular-season. He was outstanding in the post-season before being derailed by an ankle injury that proved costly to Toronto.

The Raptors' cornerstones of DeRozan and Lowry are newly minted Olympic champions, helping the United States to gold. That experience in Rio was the "best graduate course" in basketball, said Casey, and the Raptors could reap the rewards. "I can just see the confidence," said the coach. If last season raised the expectations and excitement of Raptors fans, it's done the same for the team.

> **"It's the motivation of knowing what it felt like being two games away from having an opportunity to compete for a championship."**
>
> Demar DeRozan on what will fire up the team this season

"It's the motivation of knowing what it felt like being two games away from having an opportunity to compete for a championship," DeRozan said.

THE CANADIAN PRESS

WORLD SERIES

Cubs fans realizing the price of history

Fans hoping to see the Cubs play in the World Series for the first time since 1945 are finding a seat could cost them more than what their grandparents paid for their houses.

The euphoria from Saturday night's victory over the Los Angeles Dodgers gave way Monday to the realization that history doesn't come cheap.

Box seats on ticket-selling sites such as StubHub were $50,000 and up, with one seller asking $100,000 for a seat and another asking for just under $1 million. But there are lots of box seat tickets in the $5,000 to $10,000 range.

Tickets to just get into the park and stand behind those with actual seats were going for more than $2,200 each.

List prices for World Series tickets at Wrigley range from $85 to $565, according to Major League Baseball figures.

World Series tickets cost a lot more in Cleveland, too — well above the $83 to $750 list price range that MLB provided for Progressive Field — but are not as expensive as those in Chicago. And there are indications that Cubs fans, getting a look at what they'd pay at Wrigley versus Progressive, are buying two tickets: one for a plane and one for a game.

THE ASSOCIATED PRESS

MLB

Bautista and Edwin will receive offers

Blue Jays' Edwin Encarnacion, left, and Jose Bautista
BOTH GETTY IMAGES

At the very least, sluggers Jose Bautista and Edwin Encarnacion are expected to receive qualifying offers from the Blue Jays. Whether they'll be back in Toronto still remains as uncertain as it did when the club was eliminated from the playoffs last week.

The first step for the front office is finalizing an off-season plan that will be taken to the team owners, general manager Ross Atkins said Monday during a season-ending media availability. From there, they'll have a better idea on payroll flexibility and can really focus on addressing roster needs for the 2017 season.

"What I can tell you is that we're trying to win and we're going to continue to try to win," Atkins said.

"I think that's what drives us, that's what motivates us and that's what we're looking to do in any way possible.

THE CANADIAN PRESS

Edmonton's Cam Talbot
CODIE MCLACHLAN/GETTY IMAGES

NHL

Oilers' Talbot named first star

Edmonton goalie Cam Talbot was named National Hockey League first star of the week Monday after leading the Oilers to three victories last week.

Talbot had a shutout, a goals-against average of 1.00 and a save percentage of .970 over the stretch. He made 31 saves in a 3-2 victory over the Carolina Hurricanes last Tuesday and stopped 34 shots in a 3-1 triumph over the St. Louis Blues two days later.

The 29-year-old native of Caledonia, Ont., capped the week with a 3-0 victory over the Winnipeg Jets in the Heritage Classic game on Sunday. Chicago Blackhawks centre Artem Anisimov was the second star and Detroit Red Wings defenceman Mike Green was the third star.

Anisimov had seven points in three games and Green had five points over four games.

THE CANADIAN PRESS

NFL IN BRIEF

Injured Bears' QB Cutler to return for Vikings test

Bears quarterback Jay Cutler will return from a thumb injury to play against the Minnesota Vikings on Oct. 31.

Cutler has been out since he suffered a thumb sprain in a Sept. 19 loss to the Philadelphia Eagles. Coach John Fox said Monday that Cutler has been cleared to play in the game next Monday night.

THE ASSOCIATED PRESS

Jets' Smith seeking second opinion on ACL injury

New York Jets pivot Geno Smith has a torn anterior cruciate ligament in his right knee and is seeking a second opinion on the injury that would end his season.

NFL Network first reported the severity of Smith's injury Monday. Smith was injured after being sacked by Baltimore's Matt Judon during the Jets' 24-16 win Sunday.

THE ASSOCIATED PRESS

RECIPE Spicy Carrot Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Soup season is now in full swing and you'll want this simple, flavourful bowl of goodness in your roster.

Ready in 40 minutes
Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients
- 2 Tbsp of olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 inch of fresh ginger, minced
- 1 tsp chili
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 3 or 4 carrots, peeled and chopped (enough for about 3 cups)
- 3 cups low sodium vegetable or chicken stock
- Juice of half a lemon (about 2 or 3 Tbsp)
- Plain yogurt to garnish

Directions

1. Warm a glug or two of olive oil in a large pot or Dutch oven over medium heat.

2. Sauté onions, garlic and ginger for about 2 minutes. Stir in spices and cook for another minute or so. Add carrots and stir well until they are coated lightly in oil and spice. Add stock and increase the heat until it boils. Reduce and allow to simmer for about 20 minutes or until carrots are quite tender.

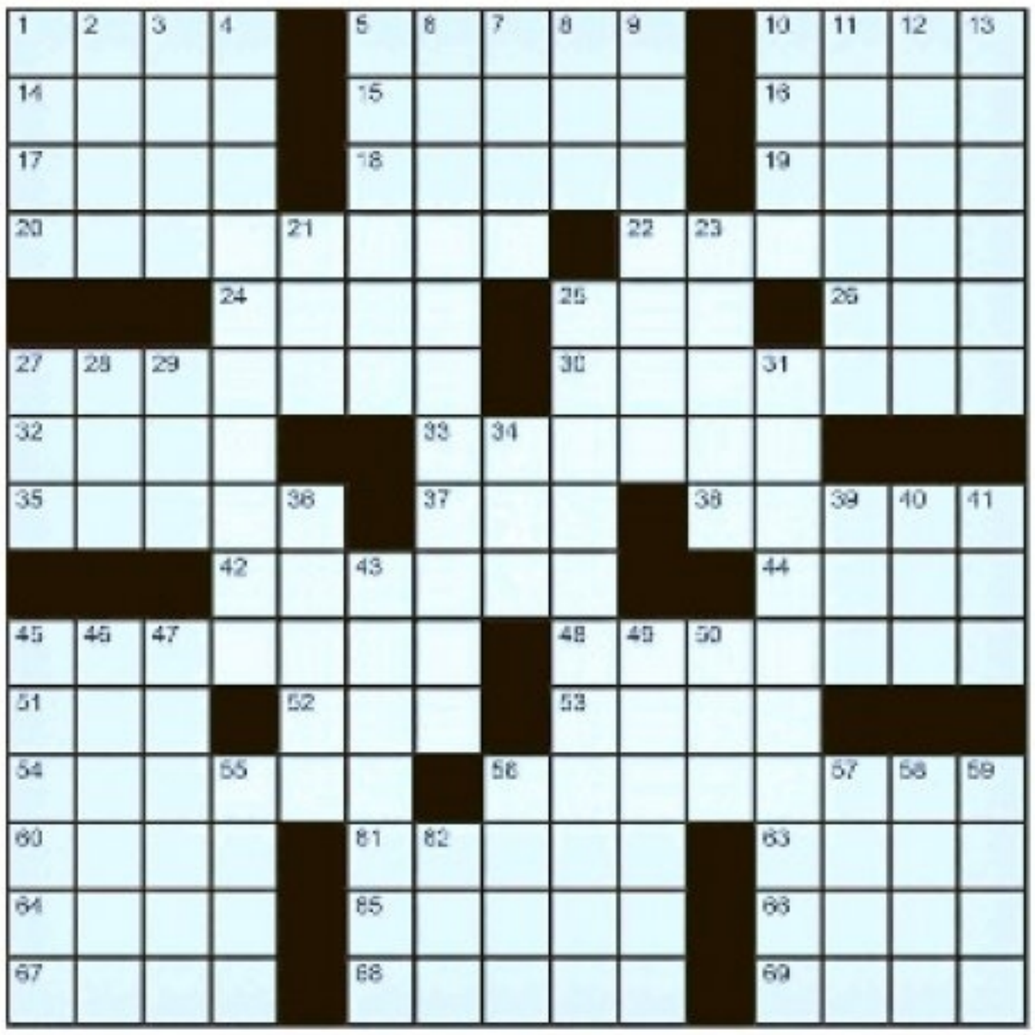
3. Purée in small batches until the soup is quite smooth. You may need to add a little water or stock to thin it if it's too thick. Stir in lemon juice. Taste and check seasoning.

4. Serve garnished with yogurt.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Radio __"
by Queen
5. Horde
10. Mouse-murdering machine, maybe
14. Solemnly affirm
15. Hot chocolate
16. Blue Rodeo tune
17. Branch
18. Ant, archaically
19. Neither Liberals nor Conservatives, for short
20. Recipient, in law
22. Bring†in goods from beyond
24. Classic jukebox hit: "__ Angel"
25. Tissue's thickness
26. Bitty
27. __ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
30. Glands that pump one up when one is pumped up
32. Earth goddess in ancient Greek mythology
33. Made up of two
35. "You __ Be" by Des'ree
37. Semi
38. Ships' steerers
42. Get
44. Telegram
45. __-__ luggage
48. Most yucky
51. Colour characteristic
52. Downcast
53. Origin
54. Dwell
56. First-__, as on a sports team
60. Military air assault
61. Get ready to golf: 2 wds.
63. Roof's overhang
64. Old†Icelandic literary work
65. Makes straighter
66. Tread
67. Come across as
68. Scope
69. Parliament Hill VIPs

DOWN
1. Big swanky event
2. Hertz rival
3. Jeweller's jewels
4. Dispute's decision decider
5. Backdrops
6. Canadian Clothing... MiiK, for one: 2 wds.
7. Pinnacle
8. 1962: "Sheila" singer Tommy
9. Oz folk tune: "Waltzing __"
10. Jaunt
11. Fame
12. Mr. Bocelli of song
13. Pale paint in a painting
21. "You don't say!"
23. Frankincense and __
25. Nunavut tourist destination called 'Switzerland of the Arctic' because of its beautiful landscape
27. Something scrambled
28. __ jacket
29. Plum toss away
31. Testifying bystander
34. Twelve-divided-by-four's fancy answer
36. One is seemingly bottomless
39. Fish story
40. Married title
41. Place down
43. Breakfast appliance
45. Household tasks
46. Song of dawn
47. Inhabit a habitation
49. Murder mystery's main 'man', maybe
50. Ornamental carp
55. Dutch cheese
56. Visible
57. Fence's door
58. All square
59. Barbell-user's units, commonly
62. Supermodel Ms. Herzigova

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might develop a crush on someone who is different, exotic or from another culture or a different country. Be careful, because this very likely is an unstable situation.

Taurus April 21 - May 21
Despite your good intentions of helping someone else today, be careful. You have to be realistic and consider your own needs as well. There is such a thing as "idiot compassion."

Gemini May 22 - June 21
Don't expect too much from a friend or partner today. If you do, you likely will be disappointed. Remember: Unexpressed expectations almost always lead to disappointment.

Cancer June 22 - July 23
Co-workers might be supportive today; nevertheless, their assistance might hinder you more than it helps you. Use caution!

Leo July 24 - Aug. 23
Romantic relationships are unstable today. Some might end and others might begin, but they're really just a pipe dream. (It's sad but true.)

Virgo Aug. 24 - Sept. 23
You might go overboard with your ideas about redecorating today. To be safe, wait a day or two to see if you still want to go ahead with your plans.

Libra Sept. 24 - Oct. 23
You might spend a lot of time today daydreaming or lost in fantasies. This makes it hard to concentrate and focus. Oh well — we all need a mental-health day every now and then

Scorpio Oct. 24 - Nov. 22
This is a poor day to make important financial decisions, because your mind is a bit fuzzy and full of wishful thinking. Be careful, and remain realistic.

Sagittarius Nov. 23 - Dec. 21
Relations with others are a bit unstable today. Instead of dealing with what is, you are more inclined to deal with how you wish things would be. Keep your feet on the ground.

Capricorn Dec. 22 - Jan. 20
Something going on behind the scenes might confuse you today. In fact, this confusion could create problems in a relationship.

Aquarius Jan. 21 - Feb. 19
Don't expect too much from others today, especially a friend or a member of a group. Many people are full of unrealistic demands today, which only leads to problems.

Pisces
Feb. 20 - March 20
Be realistic when it comes to your relationships with authority figures today, even though you might feel great admiration for someone. You might even have a crush.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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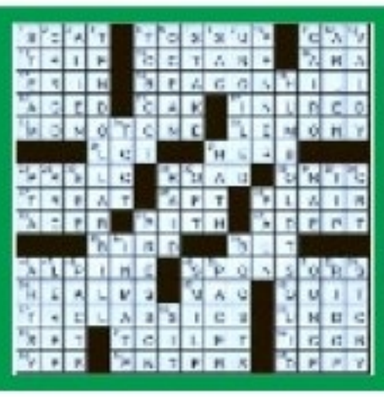

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